



# Ageless

FREE

**A Newsletter for Juneau County Seniors & Adults with Disabilities**

## NOTES FROM CHAR NORBERG, DIRECTOR

### Stepping into September!

Hello, Juneau County. Can you believe that it is September? This sure was a wet summer. Even though the temperature was good it almost doesn't feel like summer came yet. I hope everyone was able to do some camping, tubing, swimming, and sight-seeing in all this rain. Now we are once again seeing the kids getting ready for school and everywhere we look we see school supplies, commercials, and sales aimed towards back to school. How fun!

We have quite a few upcoming events in Juneau County during the month of September. Read on to learn more.

Fuel Assistance will be holding their annual outreach during the months of September and October. Their schedule is as follows:

September 7- 10:30 to 11:30 at the Armenia Town Hall  
September 12- 10:00 to 2:00 at the Necedah Village Hall  
September 14- 10:00 to 12:00 at the Camp Douglas Village Hall  
September 19- 10:00 to 2:00 at the New Lisbon City Hall  
September 26- 9:30 to 11:30 at the Mauston Adult Day Center  
September 28- 10:00 to 12:00 at Bernie's Wagon Wheel II in Wonewoc  
October 3- 10:00 to 12:00 at the Grace Lutheran Church in Elroy  
October 5- 10:00 to 2:00 at the Necedah Town Hall  
October 7- 8:00 to 11:00 at Oakdale Electric in Oakdale  
October 10- 10:00 to 12:00 at Beagles Bar & Grill in Lyndon Station

We have a "All you Ever Wanted to Know about Medicare" workshop coming up on Thursday, September 14 at the Mile Bluff Medical Center Community Room from 1:00 to 4:00. This is a great overview of Medicare A, B, C, & D. Come prepared with your questions and learn about Medicare. Topics covered include a general overview, annual wellness visits, 2018 list of Medicare covered preventative services, Medicare supplements, Advantage Plans, Senior Care, and Medicare savings programs.

Coming up on Thursday, September 21 at the Hatch Public Library from 12:00 to 4:00 is an AARP Driver Safety Course. This course is open to the public. Cost is \$15 for AARP members and \$20 for non-AARP members. This is a great way to refresh your driving skills and help keep you safe behind the wheel. And, hey, who doesn't need a driving refresher from time to time?

Lastly, worthy of early mention we have a Don't Mess with My Medicare class coming up in November along with the ADRC Annual Caregiver Open House. Don't Mess with My Medicare will provide information on how various healthcare proposals being debated could directly impact your Medicare and information about other healthcare programs for older adults. Find out how the 2018 proposed federal budget impacts Older Americans Act and other essential aging programs. Get information on action steps you can take to protect these critical programs.

Enjoy the last few nice days and prepare for a beautiful, colorful, Autumn.

# CENTER INFORMATION AND CONTACTS

## Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



## Aging & Disability Resource Center of Eagle Country--Mauston

### Contact Information

Phone ..... 608-847-9371  
Toll Free..... 877-794-2372  
Website ..... [www.adrceagle.org](http://www.adrceagle.org)  
Office Hours ..... Monday-Friday, 8:00am-4:30pm  
Address ..... 220 E. La Crosse Street  
Mauston, WI 53948

Find us on  **Juneau County ADRC of Eagle Country Mauston Office**

## Services

### Information & Assistance

### Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options.

Contact us to see what is available in your area.

### Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

## Staff:

**Director** .....Char Norberg

**Lead Information & Assistance Specialist**.....  
.....Nickie Preuss

**Information & Assistance Specialist**.....  
.....Mary Murray

**Disability Benefit Specialist**.....  
.....Jessica Hoehn

**Elder Benefit Specialist**.....Barb Gartland

**Medicare Part D Benefit Specialist**.....  
.....Norma Phillips

**Secretary II** ..... Karla Faulkner

**Adult Center/Transportation Coordinator**  
.....Lynn Martin

**OAA Support Coordinator**.....  
.....Angela Pokorney

\*\*\*\*\*

**Lynn Martin, Newsletter Editor** .....608-847-9371  
lmartin@co.juneau.wi.us

**Volunteers**.....Norma Smith,  
Blanche Dallman, Carol Arens, Marilyn Walden,  
Norma Frank & Susan Ballayan

Are you in need of a walker,  
wheelchair or shower chair?  
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closet.



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an item for no fee and when  
you are no longer in need of the item,  
you return it to us so  
someone else can use it.  
Call us at 847-9371





# SEPTEMBER 2017 EVENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	<b>4 ADRC and all mealsites CLOSED</b> 	<b>5 Caregiver Support Group at United Methodist Church Mauston 10am-11am</b>	6	7	8	<b>9 Opposites Day</b> 
<b>10 Grandparents Day</b> 	11	<b>12 Dine at 5</b> 	<b>13 International Chocolate Day</b> 	14	15	16
17	<b>18 Committee on Aging &amp; Disability Meeting 9:30am Rm 1 Courthouse Basement</b>	19	<b>20 DJ in Mauston playing guitar at 11:30am</b>	<b>21 AARP Driver Safety Class 12pm-4pm Hatch Public Library</b>	22	23
24	25	<b>26 NL/Nec Community Supper 4:30-6pm at New Lisbon Community Center</b>	<b>27 Elroy Community Supper 4:30-6pm at Methodist Church</b>	<b>28 Mauston Sharing Supper 5-6:30pm at Mauston High School</b>	29	30

## Senior Bus Trips For September



**1st Friday**—Mauston to

**Cashton-Amish Country**

**2nd Friday**—Elroy, Wonevot, Union Center  
& Camp Douglas to **La Crosse**

**3rd Friday**—Mauston to **Tomah**

**4th Friday**—Lyndon Station, New Lisbon &  
Necedah to **Cashton-Amish Country**

**5th Friday**—All areas to **Elroy Mealsite for  
Friday Fish**

Lunch is Dutch treat. Cost is **\$7.50**.

Call 847-9371 to reserve your spot.

Don't forget there is a trip to Maggie Mae on  
Sept. 21st. We will have an alternate list; so if  
someone can't go, we will contact someone  
from the alternate list. The trip on May 25th  
was a huge hit!

Sign up soon to reserve your spot for these  
trips!

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				8				
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	6				4		7	9
9		2	3		8	5		4
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8			5	4	7			6
				1				
1		7	2	3		4	9	

## September Birthdays

1—Harold Ristow, 7—Arnold Franke,  
9—Karie Puhl, 15—Katie Parrott,  
19—Terry Murray, 20—Marge Senzig,  
29—Veryl Franke

*If your birthday is not listed and you would  
like it listed, please contact our office.*



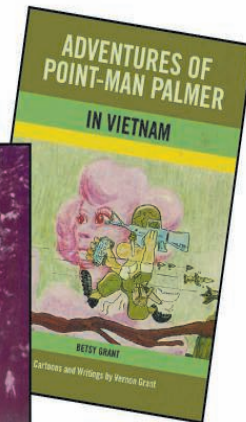
1. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
2. Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968?
3. In which year did the Woodstock Festival take place?
4. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
5. What famous band arrived from England to the U.S. in February 1964?
6. What famous TV series debuted in 1966 with these words ... "Space, the final frontier ...?"
7. This bluesy rock singer was discovered at the Monterey Pop Festival in 1967. Her initials are J.J. Who was she?
8. British fashion designer Mary Quant invented a daring and revealing new type of women's clothing in 1964. What was it called?
9. What 60s artist was famous for his renderings of everyday objects such as soup cans?
10. What was this famous boxer's name before he changed it to Muhammad Ali?



# HATCH HAPPENINGS

## Hatch-ED.

September 6, at 1 PM



Betsy and Vernon Grant on their wedding day, 1978

Wisconsin Dells native Betsy Grant shares the art and writings of her late husband, Vietnam veteran Vernon Grant, from his biographical work, *Adventures of Point-Man Palmer in Vietnam*, and *Stand-By One!*

## Boys in Dresses, Girls in Pants:

Dressing Children in the 19th Century

Thursday, September 21, 6 PM

At Hatch Public Library

Leslie Bellais, Curator of History at the Wisconsin Historical Society will look at the evolution of "children's clothing", and demonstrate the changes with articles of clothing from the WHS collection!



## Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

### Mauston Clinic

Within PTWorks Physical Therapy 610 McEvoy Street, Mauston (conveniently located between McDonald's and Culver's)

### Reedsburg Clinic

Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



Call 608-768-3900 to schedule an appointment

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### Oak Grove Assisted Care, RCAC

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# CAREGIVER ASSISTANCE NEWS

## Falls Prevention—Safety on Outings

According to the Centers for Disease Control and Prevention, even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it. It is essential to notify the doctor about the event. The doctor can make sure that an *invisible* injury did not result from the fall.

### Fear of Falling

Balance can be affected in a person with a disability, such as stroke, and consequently many elderly people fear falling. Certain eye and ear disorders may increase risk of falls. If the person in your care has balance problems, dizziness, or a spinning sensation, a therapy subscription from the doctor may help.

To reduce fear of falling, therapists often have people practice getting up from a lying position. This increases confidence that they can get up if they fall. Any amount of exercise helps reduce risk of falls.

### Water Therapy

Water therapy is also a safe way for a person with a disability and the elderly to exercise because there is no danger of falling. Floating in water allows easy movement and little strain on joints and muscles.

## Fall Prevention Measures

- ✓ Staying in when it is rainy or icy outside.
- ✓ Having regular vision screening check-ups for eyeglasses.
- ✓ Using separate reading glasses and other regular glasses if bifocals make it difficult to see the floor.
- ✓ Being cautious when walking on wet floors. Look carefully at floor surfaces in public buildings. Many floors are made of highly polished marble or tile that can be very slippery.
- ✓ Wearing good foot support when walking. New shoes are slippery and crepe-soled shoes can cause the toe to catch.
- ✓ Having foot pain problems corrected and keep toenails trimmed and feet healthy for good balance.
- ✓ Avoid gravel or rock yards or paths.

- ✓ Stop at curbs and check the height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline may lead to a fall.
- ✓ Consider wearing hip protectors for added protection should you fall.
- ✓ Use a shoulder bag or fanny pack to leave your hands free to use hand rails as you go up and down steps and on escalators.
- ✓ Use a walker or cane as needed for added stability.

## Transferring from a Wheelchair to a Car

Be sure the car is parked on a level surface without cracks or potholes.

- Open the passenger door as far as possible.
- Move the left side of the wheelchair as close to the car seat as possible.
- **Lock the chair's wheels.**
- Move both footrests out of the way.
- Position yourself facing the person.
- Tell him what you are going to do.
- Bending your knees and hips, lower yourself to his level.
- By grasping the transfer belt around his waist, help him stand while straightening your hips and knees.
- If his legs are weak, brace his knees with your knees.



- While he is standing, turn him so he can be eased down to sit on the car seat. GUIDE HIS HEAD so it is not bumped.
- Lift his legs into the car by putting your hands under his knees.
- Move him to face the front.
- Put on his seat belt.
- Close door carefully.



## *Taking Care of Yourself—What is influenza?*

Influenza (“the flu”) is a contagious respiratory illness that can be severe and life-threatening, especially for adults 65 years of age and older. The immune system weakens with age, which makes it harder to fight disease. The flu can be dangerous in older adults whether they are healthy or have a chronic health condition such as heart disease or diabetes, which can worsen as a result of the flu. Getting an annual flu vaccination is one of the things you can do to help maintain your health. According to the U.S. Centers for Disease Control and Preventions, the single best way to help prevent the flu is to get an annual vaccination, which is recommended for everyone six months of age and older, with rare exception.

### **NOTE**

If the person falls and cannot move or use the injured limb, keep the limb from moving.  
Do not straighten a deformed arm or leg.  
Splint an injury in the position you find it.  
Seek advice from the healthcare provider.

## **Transportation**

A network of transportation services, public and private, will pick up the disabled and the elderly at their homes. These services rely on vans and paid drivers and run on a schedule to specific locations. Free transportation is available from community volunteer organizations, although most public services charge on a sliding scale.

## **Safety Tips—Outdoor Areas**

Safe outdoor areas are important, especially for those who are frail or elderly and are mobile. Safety features should include the following:

- ★ Ramps for access on ground that is not level or even
- ★ A deck with a sturdy railing
- ★ Alarmed or locked outside doors
- ★ Enough light to see walkway hazards at night
- ★ Nonslip step surfaces in good repair
- ★ Stair handrails fastened to their fittings
- ★ Cover porch steps with a gritty, weather-proof paint and step edges marked with reflective paint

## **Inspiration**

*An ounce of prevention is worth a pound of cure.*  
*Benjamin Franklin*

## **AARP DRIVER SAFETY COURSE**

Mauston—Thursday, September 21, 2017

12:00 p.m. to 4:00 p.m.

Hatch Public Library

111 W. State Street

Mauston, WI 53948

\$15 AARP members

\$20 Non-AARP members

Payable to AARP at the door



Call 608-847-9371 to register.

Sponsored by: ADRC of Eagle Country  
Mauston Office

# BUS SCHEDULE



## Juneau County Accessible Bus Schedule September 2017

	Mon	Tue	Wed	Thu	Fri
<b>Aug 28- Sept 1</b>	Elroy, Union Center, Wonewoc area to <b>Richland Center</b>	Lyndon Station area to <b>Baraboo</b>	New Lisbon and Camp Douglas area to <b>Tomah</b>	Necedah area to <b>Tomah</b>	Mauston to <b>Cashton-Amish Country</b>
<b>Sept 5-8 (1st week)</b>	<b>ADRC and all mealsites CLOSED for Labor Day</b>	Lyndon Station area to <b>Mauston</b>	New Lisbon and Camp Douglas area to <b>Mauston</b>	Necedah area to <b>Mauston</b>	Elroy, Wonewoc, Union Center & Camp Douglas to <b>Reedsburg</b>
<b>Sept 11-15 (2nd week)</b>	Lyndon Station area to <b>Baraboo</b>	New Lisbon and Camp Douglas area to <b>Tomah</b>	Necedah area to <b>Tomah</b>	Elroy, Union Center, Wonewoc area to <b>Richland Center</b>	Mauston to <b>Baraboo</b>
<b>Sept 18-22 (3rd week)</b>	New Lisbon and Camp Douglas area to <b>Mauston</b>	Necedah area to <b>Mauston</b>	Elroy, Union Center, Wonewoc area to <b>Mauston</b>	<b>Trip to Maggie Mae Concert in Oxford</b>	Lyndon Station, New Lisbon & Necedah to <b>Montello</b>
<b>Sept 25-29 (4th week)</b>	Necedah area to <b>Mauston</b>	Elroy, Union Center, Wonewoc area to <b>Mauston</b>	Lyndon Station area to <b>Mauston</b>	New Lisbon and Camp Douglas area to <b>Mauston</b>	All Areas to <b>Elroy Mealsite for Fish</b>

**Aging and Disability Resource Center of Eagle Country  
Mauston Office**  
220 La Crosse St  
Mauston WI 53948  
Phone: (608) 847-9366  
Fax: (608) 847-9442  
E-mail: jcadrc@co.juneau.wi.us

Transportation is door-to-door service with 48-hour advance notice for scheduling.

**Please call the ADRC at (608) 847-9371 to schedule transportation.**

### Trip Costs:

Nutrition site only: \$0.50 each way  
In-Town: \$2.00 each way  
In-County: \$6.50 round trip  
Out-of-County: \$7.50 round trip  
Each trip includes 2 stops. Three or more stops will be 50¢ each stop. Friday shopping trips are excluded from this charge.  
Trip costs are per person.

**If you have any suggestions for bus trips, please call our office.**



# VOLUNTEER SPOTLIGHT

## Volunteer Spotlight for September: Marilyn Walden

### *Why do you volunteer?*

I volunteer because I like to. I'd rather come out and do something rather than just sit around and watch TV all day. I like coming to the Mauston mealsite because I like everyone here. The people and the staff are all good people.

### *Are there other volunteer opportunities that you take part in?*

I volunteer at my church and watch a couple of kids. For my church potlucks I make potato salad without onions.

### *Tell us something about yourself.*

I am really looking forward to my trip to the Brewers. I like baseball and am a Brewer fan. I don't really like football though. I enjoy crafts and coloring. New Lisbon is my hometown and I live in Mauston now. I come to the mealsite on Mondays and Wednesdays.

### *How long have you been volunteering?*

I have been volunteering at the Mauston mealsite for at least 7 years, but probably have been for over 10 years. Karie Puhl of the Mauston mealsite comments that "if you need something done, Marilyn will take care of it."



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# WONEWOC MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bernie's Wagon Wheel II</b> <b>229 Center St.</b> <b>Wonewoc</b> <b>464-7217</b> <b>Serving Time 11:30-12:15</b>			<b>Sept 1</b> Sloppy Joe on a Bun Peas & Carrots Potato Salad Fruit Crisp
<b>Sept 5</b> Cream of Potato Soup Egg Salad Sandwich Lettuce Salad Cauliflower Frosted Bar	<b>Sept 6</b> Brat on a Bun Sauerkraut Carrots Cowboy Beans Fresh Fruit Cobbler	<b>Sept 7</b> Turkey a la King Biscuit California Blend Canned Fruit Cookie	<b>Sept 8</b> Deep Fried Cod Macaroni Salad Coleslaw WW Bread or Roll Cream Pie
<b>Sept 12</b> Pork Loin with Gravy Peas Creamy Coleslaw Biscuit Cookie	<b>Sept 13</b> Baked Chicken Baked Potato with Sour Cream Carrots Bread Poke Cake	<b>Sept 14</b> Beef Patty on a Bun Boston Baked Beans Potato Salad Brownie	<b>Sept 15</b> Baked Ham Baby Red Potatoes Baby Carrots with Brown Sugar WW Bread or Roll Cookie
<b>Sept 19</b> Spaghetti with Italian Meat Sauce Corn Dinner Roll Spinach Fresh Fruit Cookie	<b>Sept 20</b> Tuna Salad Sandwich Cheesy Potato Soup California Blend Canned Fruit Brownie	<b>Sept 21</b> Beef Roast Pasta Green Beans Boiled Beans Biscuit Mandarin Oranges	<b>Sept 22</b> Deep Fried Cod French Fries Coleslaw WW Bread or Roll Fruited Jell-O
<b>Sept 26</b> Smoked Sausage Fluffy Rice Boiled Beans Spinach Dinner Roll Pineapple Tidbits	<b>Sept 27</b> Chicken Patty on a Bun With Lettuce & Tomato Potato Salad Creamed Peas Canned Fruit	<b>Sept 28</b> Turkey with Gravy Mashed Potatoes Candied Carrots Dinner Roll Cookie	<b>Sept 29</b> Fried Cod Sandwich Potato Salad Spiced Apple Rings Cookie

# MENU FOR MAUSTON, LYNDON STATION & BLUFFS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Sept 4</b> <b>ADRC and all mealsites</b> <b>CLOSED for Labor Day</b>	<b>Sept 5</b> Cream of Potato Soup Egg Salad Sandwich Lettuce Salad Cauliflower Frosted Bar	<b>Sept 6</b> Brat on a Bun Sauerkraut Carrots Cowboy Beans Fresh Fruit Cobbler	<b>Sept 7</b> Turkey a la King Biscuit California Blend Canned Fruit Cookie
<b>Sept 11</b> Beef Chili Soup Egg Salad Sandwich Broccoli Banana Vanilla Pudding	<b>Sept 12</b> Pork Loin with Gravy Peas Creamy Coleslaw Biscuit Cookie <b>Bluffs—No Lunch</b> <b>Dine at 5</b> <b>Serving from 5:30pm-</b> <b>6:15pm</b>	<b>Sept 13</b> Baked Chicken Baked Potato with Sour Cream Carrots Bread Poke Cake	<b>Sept 14</b> Beef Patty on a Bun Boston Baked Beans Potato Salad Brownie
<b>Sept 18</b> Chicken Stir Fry Fluffy Rice Pea & Carrots WW Bread Banana Cookie	<b>Sept 19</b> Spaghetti with Italian Meat Sauce Corn Dinner Roll Spinach Fresh Fruit	<b>Sept 20</b> Tuna Salad Sandwich Cheesy Potato Soup California Blend Canned Fruit Brownie	<b>Sept 21</b> Beef Roast Pasta Green Beans Boiled Beans Biscuit Mandarin Oranges
<b>Sept 25</b> Meatballs in Gravy Mashed Potatoes Broccoli Cobbler	<b>Sept 26</b> Smoked Sausage Fluffy Rice Boiled Beans Spinach Dinner Roll Pineapple Tidbits	<b>Sept 27</b> Chicken Patty on a Bun With Lettuce & Tomato Potato Salad Creamed Peas Canned Fruit	<b>Sept 28</b> Turkey with Gravy Mashed Potatoes Candied Carrots Dinner Roll Cookie
	<b>Mauston: 547-2802</b> <b>Bluffs: 547-2213</b> <b>Lyndon Station:</b> <b>666-2423</b>		

All menus are subject to change without notice.

# ELROY MENU

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>Grace Lutheran Church</b> <b>226 Erickson St.</b> <b>Elroy, WI</b> <b>608-462-5175</b>	Serving at 11:45A.M.  Suggested Donation \$3.75  Milk served each day Fresh Baked Rolls		<b>Sept 1</b> Pulled Pork Sandwich Potato Salad Carrot Salad Pickles Fruit
<b>Sept 4</b>  <b>ADRC and all mealsites</b> <b>CLOSED</b> <b>for Labor Day</b>	<b>Sept 5</b> Swiss Pepper Steak Mashed Potatoes Asparagus Rolls Blueberry Cobbler	<b>Sept 7</b> Corned Beef Boiled Dinner with Vegetables Cottage Cheese Fruit Dinner Roll	<b>Sept 8</b> Fried Fish Hash Browns Coleslaw Fruit Dinner Roll Dessert
<b>Sept 11</b> Liver & Onions Potato Pancake Peas Roll Applesauce	<b>Sept 12</b> BBQ Ribs Baked Potato Broccoli 'N' Cheese Roll Mandarin Orange Cake	<b>Sept 14</b> <u><b>Soup and Salad Bar</b></u> Variety of several soups and salads Fruit Dinner Roll Filled Cupcakes	<b>Sept 15</b> Cheeseburger w/Bun Tator Tots Baked Beans Crème de Menthe Dessert
<b>Sept 18</b> Baked Chicken Mashed Potatoes/Gravy Corn Cranberries Dinner Roll Apple Dumplings	<b>Sept 19</b> <u><b>Breakfast Menu</b></u> Scrambled Eggs Sausage Gravy with Biscuits Hash Browns Pudding Parfait	<b>Sept 21</b> Lasagna Lettuce Salad Garlic Bread Fruit Turtle Cake	<b>Sept 22</b> Fish—Fried or Baked Hash Brown Bake Coleslaw Fruit Roll
<b>Sept 25</b> Meatloaf Fried Potatoes & Onion 3-Bean Salad Rolls	<b>Sept 26</b> Chicken N Dumplings Carrots Broccoli Salad Fruit Rolls	<b>Sept 28</b> Beef Roast Mashed Potatoes/Gravy Spinach Fruit Roll	<b>Sept 29</b> Smothered Pork Chops Mashed Potatoes/Gravy Green Beans Rolls Dessert



# FUN & GAMES

P D R Y E R E P P I Z R G S  
 S S U B M A R I N E A D L U  
 P O G O N I F E T D I A A C  
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 P A R A C H U T E Y T P R V  
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 R O P E R G P U M P S N E N  
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 U T F B I A M E L C Y C I B

## INGENIOUS INVENTIONS

ABACUS	GEAR	RADAR
BARRELS	GLASS	RAZOR
BICYCLE	GLIDER	ROPE
BIFOCALS	LAMP	RUBBER
BRIDGE	LASER	SPOONS
CAMERA	MATCH	STEEL
CARS	MOWER	STOVE
COMB	NAILS	SUBMARINE
DIESELS	OVEN	TOOLS
DRYER	PARACHUTE	TRACTOR
ELEVATOR	PENS	TRAM
FORK	PUMPS	ZIPPER

## DON'T MISS A THING!

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# BENEFIT SPECIALIST

## WHY IT PAYS TO KEEP A CAREFUL EYE ON YOUR EARNINGS RECORD

By Rhonda Whitenack and Jim Czechowicz  
Social Security public affairs office in Bloomington and St Paul

Whether you're ready to retire, just joining the workforce, or somewhere in between, regularly reviewing your Social Security earnings record could make a big difference when it's time to collect your retirement benefits.

Just think, in some situations, if an employer did not properly report just one year of your work earnings to us, your future benefit payments from Social Security could be close to \$100 per month less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled.

Social Security prevents many mistakes from ever appearing on your earnings record. On average, we process about 236 million W-2 wage reports from employers, representing more than \$5 trillion in earnings. More than 98 percent of these wages are successfully posted with little problem.

But it's ultimately the responsibility of your employers — past and present — to provide accurate earnings information to Social Security so you get credit for the contributions you've made through payroll taxes. We rely on you to inform us of any errors or omissions. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

So, what's the easiest and most efficient way to validate your earnings record?

Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to set up or sign in to your own *my Social Security* account;

Under the "My Home" tab, click on "Earnings Record" to view your online *Social Security Statement* and taxed Social Security earnings; Carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them; and

Keep in mind that earnings from this year and last

year may not be listed yet.

If you notice that you need to correct your earnings record, check out our one-page fact sheet at [www.socialsecurity.gov/pubs/EN-05-10081.pdf](http://www.socialsecurity.gov/pubs/EN-05-10081.pdf).

Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have past tax documents and some employers may no longer be in business or able to provide past payroll information.

If it turns out everything in your earnings record is correct, you can use the information and our online calculators at [www.socialsecurity.gov/planners/benefitcalculators.html](http://www.socialsecurity.gov/planners/benefitcalculators.html) to plan for your retirement and prepare for the unexpected, such as becoming disabled or leaving behind survivors. We use your top 35 years of earnings when we calculate your benefit amounts. You can learn more about how your benefit amount is calculated at [www.socialsecurity.gov/pubs/10070.pdf](http://www.socialsecurity.gov/pubs/10070.pdf).

We're with you throughout life's journey, from starting your first job to receiving your well-earned first retirement payment. Learn more about the services we provide online at [www.socialsecurity.gov/online services](http://www.socialsecurity.gov/online services).



## DON'T GET SCHOOLED, GET SMART ABOUT SOCIAL SECURITY

By Rhonda Whitenack and Jim Czechowicz  
Social Security public affairs office in Bloomington and St Paul

Your summer job might be ending soon. You might even hold a part time job while you're in school. You can easily jump to the head of the class and secure your future with a few simple steps. As a young worker, you're in the best position for planning, investing, and saving for your retirement, growing that nest egg as large as it can be. The sooner you start, the more money you'll have.

There are two easy ways to get started in preparing for retirement:

Open a free online *my Social Security* account with Social Security. Having a personal and secure account is easy, but better yet, it empowers you. You can access the services you need in the convenience of your own home or on the go without traveling to a Social Security office. To open or access your account, go to

[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Many of our resources are available online and *my Social Security* is one of the best places to access vital information about your retirement. We are constantly adding new features to make your experience with us faster and more convenient. You can even replace your lost or misplaced Social Security card online in certain areas.

You could also start a *myRA* account. *myRA* is designed for people who don't have a retirement savings plan through their employer, or are limited from other savings options. Check it out at [www.myra.gov](http://www.myra.gov). If your employer provides a retirement savings plan, such as a 401(k), learn more about that plan's potential matching contributions or other benefits. It's never too early, and the more you save now, the more you'll have later.

Did you know that a 20-year-old has a 1-in-4 chance of becoming disabled before reaching full retirement age? Social Security will be there for you if you become disabled and cannot work. Accessing your online account can also help you determine your estimated future disability benefits. To learn more about disability and to apply, go to [www.socialsecurity.gov/disabilityssi/apply.html](http://www.socialsecurity.gov/disabilityssi/apply.html).

The earlier you start preparing for the future, the more comfortable that future will be. Like a good friend, Social Security has your back when it comes to retirement planning or in the unfortunate event of disability. Learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## **September County-wide Senior Dining Outreach**

### **Bluffs Senior Dining**

Village Hall, 304 Center St, Camp Douglas  
Sept 12<sup>th</sup> 3pm-5pm (Dine at 5 will follow)

### **Lyndon Station Senior Dining**

Beagles Bar & Grill, 107 W Flint St, Lyndon Station  
Sept 18<sup>th</sup> 12pm-2pm (lunch prior to training)

### **Elroy Senior Dining**

Grace Lutheran Church, 226 Erickson St, Elroy  
Sept 21<sup>st</sup> 9:30-11:30 (lunch follows the training)

### **Mauston Senior Dining**

220 E La Crosse St, Mauston)  
Sept 26<sup>th</sup> 1pm-3pm (lunch prior to training)

### **Wonewoc Senior Dining**

Bernie's Wagon Wheel, 229 Center St, Wonewoc)  
Sept 28<sup>th</sup> 12pm-2pm (lunch prior to training)

The ADRC of Eagle Country is participating in a pilot project with the Office of Deaf and Hard of Hearing (ODHH) to bring remote interpreter services into our offices. Our staff will have access to an American Sign Language (ASL) interpreter from ODHH through a computer program which allows for on-demand interpretation services through the internet. Please feel free to contact the ADRC office to learn more about this exciting new program.



In addition, the ADRC office has a hearing loop device which allows individuals with a hearing loss to connect directly to the speaker while cutting out most of the background noise. This technology can be accessed by an individual's hearing aid if it has a telecoil installed or by using headphones which the ADRC can provide when you arrive. Please feel free to ask about using this device while visiting our office.







## Food *SAFETY* Scraps



## Cooling Hot Foods

All hot foods should be cooled by refrigeration. It is not okay to cool hot foods on the counter. But some foods do need a head start on the cooling process before being placed into the fridge. If you are cooling large amounts of hot food use an ice bath or ice wand to cool it down

as much as you can. If cooling soup or chili, put in a sink of cold ice water and stir frequently to cool it down. Or cut the food into smaller amounts and place into shallow pans to allow cold air to circulate to all parts. Cut meats into smaller pieces and use small containers.

Keep in mind that if the food is too hot it can heat up the fridge if you are putting too much new food in.

Make space around the new food for proper air flow. Don't crowd the food — make room!



**"Fish is the only food that is considered spoiled once it smells like what it is"**

— P. J. O'Rourke

If using a freezer to cool foods, you should not exceed 2 pounds per cubic foot of freezer space.

### Did You Know?

Most regular refrigerators can handle some amounts of hot food.

If cooling food  
in the fridge  
give it room!  
Let the air  
flow around it.

Your fridge at home should be 40°F or less too! Get a thermometer from the store.





# RECIPE

## Italian Sausage Stuffed Zucchini

### Ingredients

- 4 large zucchini, halved lengthwise
- 2 tsp. extra-virgin olive oil
- 4 chicken sausage links, thinly sliced
- 1/2 cup Italian breadcrumbs
- 3/4 cup shredded mozzarella
- 1/2 cup shredded fontina
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil



### Directions

1. Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.
2. In a large skillet over medium heat, heat

oil. Add chicken sausage and cook until seared, 6 minutes.

3. Transfer to a large bowl and add breadcrumbs, 1/2 cup mozzarella, fontina, garlic, and basil.
4. Spoon mixture into zucchini and top with remaining 1/4 cup mozzarella.
5. Bake until zucchini is tender and cheese golden, 15 minutes.

\*\*\*\*\*

If you have a recipe you would like to share, mail it to: ADRC, 220 La Crosse St., Mauston, WI 53948 or email it to: [lmartin@co.juneau.wi.us](mailto:lmartin@co.juneau.wi.us).

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# MILE BLUFF MEDICAL CENTER

## SUPPORT GROUPS

**AL-ANON GROUP** - For more information, call 608-562-5611.

- Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

**GRIEF SUPPORT GROUP** - For more information, call 608-847-1285.

This group offers support services to families and individuals who are coping with the death of a loved one. The group meets at 7 pm at Mile Bluff Medical Center in Mauston.

- Every other Thursday, September 21 - December 14

## SPECIAL EVENTS & SCREENINGS

### COMMUNITY BLOOD DRIVE

For more information and to register, call the Blood Center of Wisconsin at 1-877-232-4376.

- Mile Bluff Medical Center - Mauston  
Tuesday, September 5, 9 am - 2 pm

**PASSPORT TO HEALTHIER LIVING WITH DIABETES** - Call 608-847-1846 for more information.

Receive tips on how to better manage your diabetes through diet, medication management, glucose monitoring, and stress management. This free session will be held at 1 pm at Mile Bluff Medical Center in Mauston.

- Thursday, September 7

### SHARI SARAZIN CONCERT

For more information and to reserve your spot, call 608-847-2377.

- Terrace Heights Retirement Community, Mauston  
Thursday, September 7, 2 pm

**MEDICARE INFORMATION SESSION** - Call 608-847-9371 for more information.

- Mile Bluff Medical Center - Mauston  
Thursday, September 14, 1 - 4 pm

**HEALTH FAIR** - Appointments are required for all tests and consultations.

-**FREE** blood sugar and blood pressure screenings

-Total cholesterol tests (no fasting) for \$10, or lipid profile tests (12-hour fasting) for \$20

-Heart disease and diabetes risk assessments

- Delton Family Medical Center - Lake Delton  
Thursday, September 21, 7 - 11 am

Call 608-254-5888 for appointments.

(Hearing screenings 8 - 11 am)

**4<sup>th</sup> ANNUAL AUTUMN SCAMPER 5K RUN/WALK** - Call 608-565-2000 for more information.

- Saturday, September 30 in Necedah

## SAVE THE DATE

**10<sup>TH</sup> ANNUAL WOMEN'S NIGHT OUT** - Call 608-847-1495 for more information.

- Thursday, October 5 at Mauston High School



# DINING CENTER PAGE

## Elroy Senior Mealsite:

When you take a ride around the country, it looks like the trees are already starting to change colors. It is hard to believe that fall is almost here, and we all know what follows fall. The old saying is that winter falls summer, so does that mean we will have as much snow as we had rain? The kids will be back in school. Let's all remember to watch out for them as they come and go to school. Don't forget the mealsite if you have too much fresh produce for your own use we will put it to good use.

On September 21 Juneau County Elder Benefits Specialist from the ADRC office will be at the Elroy mealsite to discuss open enrollment for Medicare Part C & Drug Program. They will be here to explain what will be taking place for 2018 and to answer any questions you may have. Juneau County Energy Assistance Program will be at the Elroy mealsite on October 3 from 10a.m.–Noon.

The Elroy mealsite will be changing the soup-and-salad bar to the 2nd Thursday of the month. Come and try it out.

To everyone with a birthday in September have a "Happy Birthday."

The sharing supper at the Elroy Methodist Church will be the last Wednesday of the month. Check this out; they always have a good meal to serve whoever comes.

Bingo is played every day at the Elroy meal site starting at 11A.M. Check with the other Meal Sites to see what activities they have going on. Come and join your friends for a warm meal, friendship and fun.

We love to see new faces at any of the sites, and don't forget we can always use volunteers.  
Karen Nelson, Elroy Site Manager



Hello Everyone,

Another month has come and gone. The weather sure indicated that fall will be here soon. There is dew on the grass as well as everything else when we get up in the mornings.

I would like to wish everyone Happy Birthday in the month of September. Remember, we are not getting older, just wiser.

We had cake and ice cream for Senior Citizen Day. The cake and ice cream was enjoyed by all. Thank you to everyone who came for the cake.

We all tried to see the eclipse but the clouds interfered with a good look. But at least we tried. This will never be seen again in our life time.

DJ will be here on September 20th. Come down for some toe-tapping country music. You and a guest are more than welcome to come for lunch that day or any day. Just call ahead to 547-2802 and let me know that you are coming.

We will be having cake and ice cream for two birthdays, along with munchies on September 13th. Come down and celebrate with Nancy Gomez and Karie Puhl.

Karie Puhl, Mauston Site Manager



## National Caregiver Month—Save the Date!

November is National Caregiver Month. We will be having our 3rd Annual Caregiver Event on Friday, November 3, 2017 at the Adult Day Center located in the ADRC at 220 La Crosse St, Mauston. This is an interactive, fun-filled day of information and education. It will from 9am to 3pm. This is a free event with lunch, snacks and refreshments included. You can come alone or bring your loved one. We may be able to help with respite for the day if you will need it.

If you are a caregiver and/or care recipient and would like to join us, please call the ADRC at (608) 847-9371 to sign up by October 27, 2017. Watch the Ageless newsletter and newspapers for the agenda of speakers for the day.



Answers to Trivia page 4  
 1. Marilyn Monroe, 2. Jacqueline Kennedy Onassis, 3. 1969  
 4. Pamper, 5. Beatles, 6. Star Trek, 7. Janis Joplin  
 8. Miniskirt, 9. Andy Warhol, 10. Cassius Clay



1	5	7	2	3	6	4	9	8
6	4	3	8	1	9	7	5	2
8	2	9	5	4	7	1	3	6
5	7	4	6	9	2	3	8	1
9	1	2	3	7	8	5	6	4
3	6	8	1	5	4	2	7	9
2	8	1	7	6	5	9	4	3
4	3	5	9	8	1	6	2	7
7	9	6	4	2	3	8	1	5

Solution to  
page 4

## Fuel Assistance Outreach Sites for 2017-2018

**Sept. 7, 2017—10:30 am to 11:30 am**  
 Armenia Town Hall  
 W5310 Cty Rd G, Necedah

**Sept. 12, 2017—10:00 am to 2:00 pm**  
 Necedah Village Hall  
 100 Center St., Necedah

**Sept. 14, 2017—10:00 am to 12:00 pm**  
 Camp Douglas Village Hall  
 304 Center St., Camp Douglas

**Sept. 19, 2017—10:30 am to 2:00 pm**  
 New Lisbon City Hall  
 234 W Pleasant St., New Lisbon

**Sept. 26, 2017—9:30 am to 11:30 am**  
 Mauston Nutrition Site  
 220 La Crosse St., Mauston

**Sept. 28, 2017—10:00 am to 12:00 pm**  
 Bernie's Wagon Wheel  
 100 Center St., Wonevot

**Oct. 3, 2017—10:00 am to 12:00 pm**  
 Grace Lutheran Church  
 226 Erickson St., Elroy

**Oct. 5, 2017—10:00 am to 2:00 pm**  
 Necedah Town Hall  
 100 Center St., Necedah

**Oct. 7, 2017—8:00 am to 11:00 am**  
 Oakdale Electric  
 489 N Oakwood St., Oakdale

**Oct. 10, 2017—10:00am to 12:00pm**  
 Beagles Bar & Grill  
 107 W. Flint St., Lyndon Station

### You must bring the following:

1. Social Security numbers and date of birth for each person in household
2. Proof of all gross income for all household members for 3 months prior to appointment and award letter for Social Security stating amount received.
3. Fuel costs for 12 months from Sept. 1, 2016 through August 31, 2017.
4. Electric costs for 12 months from Sept. 1, 2016 to August 31, 2017.
5. If you have Alliant Energy, bring in (1) bill.
6. Photo ID
7. Food Share Letter
8. For Renters: Landlord's name and phone number.

*Please call Community Action at 608-847-5988 with any questions.  
 Appointments are a first come, first served, basis.*